DOCUMENT RESUME

ED 285 826 SO 018 407

TITLE	Leisure Time Safety: Fun, Fun, Fun! Proceed with Caution: Consumer Safety in the Home, VI.
INSTITUTION	Saskatchewan Consumer and Commercial Affairs, Regina.
PUB DATE	87
NOTE	18p.; For the other titles in this series, see SO 018 402-406.
AVAILABLE FROM	Saskatchewan Consumer and Commercial Affairs, Box 3000, Regina, Saskatchewan, Canada S4S 3V7.
PUB TYPE	Guides - General (050)
EDRS PRICE	MF01/PC01 Plus Postage.
DESCRIPTORS	Accident Prevention; *Consumer Education; *Consumer Protection; Family Life Education; Instructional Materials; *Leisure Education; *Leisure Time; Outdoor Activities; *Recreation; Recreational Activities; Resource Units; Safety Education; Social Studies; Swimming
IDENTIFIERS	*Canada; *Saskatchewan (Regina)

ABSTRACT

Exercising caution during recreational activities will ensure that vacations and holidays do not result in tragedy. This booklet outlines some of the activities that require caution. Proper procedures for cycling--including the use of all terrain vehicles (ATVs), roller skating, and skateboarding are illustrated. Swimming can continue to be pleasurable if care is exercised in the installation and maintenance of swimming pools. Proper fencing around pools is required to protect neighborhood children. By installing nonslip surfacing around the decks and walkways, many falls and accidents can be prevented. When enjoying the great outdoors--boating, camping, outdoor cooking, and hunting--being aware of the dangers can ensure pleasure and continued enjoyment. Increased awareness in purchasing and using exercise equipment is emphasized. (SM)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

BEST COPY AVAILABLE

Saskatchewan Consumer and Commercial Affairs

VI. Leisure Time Safety: Fun, Fun, Fun!

ED285826

SO018407

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

☑ This document has been reproduced as received from the person or organization originating it.

☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

Edith Phillips Berg

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

Safe Fun

Each of us has some special interest (s) which we pursue in our leisure-time. Some of these activities require special knowledge and training and may be expensive, whereas others require only general knowledge, enthusiasm and are relatively inexpensive. Regardless of what the leisure-time activity is, it usually increases the quality and enjoyment of the participant's life. Inherent in this ideal is the assumption that the activity will be safe.

Leisure-time activities are considered to be diversions, pleasurable and relaxing. To some people safety and safety precautions are viewed as interfering with "fun". This booklet will show you that it makes good sense to take a few simple safety steps when involved in leisure activities which will enhance not detract from your enjoyment.

Whether your favorite leisure-time activity is bicycling, skydiving, weaving, sculpting or furniture restoration, making careful decisions about the equipment and supplies you require and exercising caution and attention in their use and maintenance, will ensure your pleasure and safety.

The Aware Consumer's Safety Checklist

Before purchasing or using any leisure activity or supplies, look before you leap. Stop and consider these steps and then choose according to your needs. "An ounce of prevention is worth a pound of cure."

PRE PURCHASE DECISION MAKING	• Gather information about the type of equipment needed for the activity. This includes ensuring that the equipment will withstand the hard use it may receive. • Make quality and price comparisons between brands and suppliers. • Make sure the item does what it claims to. Beware of misleading advertising or inflated claims by the seller.
BUYING DECISION MAKING	• Look for equipment that has solid, sturdy construction ... avoiding types with sharp, jagged edges and protruding rivets. (This is particularly important with skates, skateboards, bicycles, toboggans, minibikes, boats, etc.) • Check that all the necessary safety features come with the equipment (eg. headlights and reflectors on bicycles) and that they are in good working order. • Check for compliance with standards. • Think about the possible hazards through use or misuse of the equipment. • Ask the salesperson for information on the purpose of the product and its proper use. • If the equipment is not assembled, make sure it comes with instructions that are very clear. • KEEP YOUR BILL IN CASE OF FUTURE PROBLEMS.
USING	• Check the label or packaging for warnings and hazardous symbols. • Read the directions for using the equipment carefully and follow. Note warranties. • Wear the necessary protective equipment for the activity ie. the appropriate helmet for biking, hockey, football and elbow and knee pads for roller skating. • If the equipment involves an avoidable risk, try to minimize the risk. • Teach others how to use the equipment safely.
MAINTENANCE	• Inspect items regularly for weakness or breakage. • Follow manufacturer's instructions for maintenance. • Repair items as soon as a problem or wear arises. • Keep equipment clean and where necessary, well-oiled or lubricated. • Some equipment such as bicycles, skis and bindings and motors should be checked by a professional yearly.
STORAGE	• Be sure to clean and dry equipment before putting into storage at the end of the season. • Store in a dry place and if at all hazardous, store in a location that can be locked, eg. firearms.
ACCIDENTS	• Be sure to get proper treatment if an accident occurs. • Report any problem (s) with equipment or supplies in writing to the seller and/or manufacturer.

Leisure-Time Fun

While there are countless numbers of leisure-time activities and all known forms of equipment and supplies to accompany these activities, the following is a list of some of the most popular ones with some cautions and points to consider for their safe enjoyment.

Summer Fun

Cycling

More and more Canadians are riding **bicycles** these days, either for pleasure, exercise, or cheap transportation. Unfortunately, more bicycles have meant more accidents. Many of these injuries are due to mechanical and structural problems including brake failures, wobbling or disengagement of the wheel or steering mechanism, difficulty in shifting gears, chain slippage, pedals falling off and breakage of spokes. There is a very good C.S.A. certification program but to date only Manitoba has mandated the program under its **Highway Traffic Act.** Although there are very few certified bicycles on the market, the C.S.A. mark is a buyer's assurance that the bicycle has passed strict structural as well as braking tests. Most of these could be avoided by careful purchase and upkeep of the bicycle.

Front baskets for bicycles have a centre of gravity that is too high and can make for awkward steering. **Rear carriers** are a better choice, but always be careful that nothing is dangling down that may catch in the wheels.

Child carriers also raise the bike's centre of gravity making it more unstable. The Canadian Pediatric Society is of the opinion that no children should be transported on bicycles. They believe that child-carriers on bikes put children in too much danger of injury. If you decide to go ahead and use an add-on carrier, proceed carefully. Purchase a well-designed carrier with a high back and adequate hand and foot protection that includes spoke and spring guards. Ensure the carrier is well-mounted and purchase a good helmet for your child to wear.

One-third of all injuries related to bicycle-riding are to the head and face area. **Helmets** significantly reduce the risk when biking. American cycling magazines advocate that all cyclists wear helmets.

Ensure you are visible when riding at night. Equip your bicycle with a **white headlight**, red rear reflector, **reflectors** on the pedals and on the sides.

The use of two and three-wheeled **minibikes** has recently increased for all age groups. Minibike injuries are caused by mechanical and structural problems including throttles that stick, instability, chain breakage, poorly located exhaust pipes and loose, missing or broken parts. Another danger exists in contact with parts. The chain sprocket mechanism can catch clothing, toes and fingers. Riders can be lacerated on sharp edges and by loose or protruding parts such as kickstands or pedals.

When purchasing a minibike remember that large wheels are more stable than small ones. Other safety features to look for are exhaust pipes that point rearward away from the driver's legs, footbrakes as well as handbrakes and chain guards.

Anyone riding a minibike should wear a helmet that complies to CSA standards. These standards exist for resistance to impact and penetration, and for strength of chinstrap assembly. Helmets with an integral chin section offer considerably more protection than those without.

All Terrain Vehicles

The increase in popularity of **all terrain vehicles (ATV's)** has also increased the potential for injuries and deaths from these motorized bikes, especially for children.

Although there are no comprehensive reports on the numbers of injuries and fatalities, 14 Saskatchewan children under the age of 16 died in accidents involving these machines in the years 1982-1984. Both Canadian and American Pediatrics Societies, the Saskatchewan Medical Association and various safety agencies are concerned and have called for action from outright or temporary ban to some form of regulation. Concern has focussed on the dangers to young people (some as young as 5 years) who operate ATV's years before they would be allowed to operate an on-road motor vehicle.

Recommendations have included the following:

- Only licensed drivers should operate ATV's
- A training course in the use of ATV's should be developed
- Safety equipment including helmets, eye protection and seat belts on 4-wheeled vehicles should be required.

Industry has taken some note of the potential hazards connected with the three-wheeled ATV's. Many dealers have phased out the three-wheeled ATV's in favor of the more stable four-wheeled models.

Meanwhile the onus of responsibility remains with adults who buy ATV's for children. Before you allow your child to ride an ATV, be aware of all the types of injuries which can occur. Think about the answers to the questions following:

_____ Is your child ready to use an ATV? Does he/she have well developed hand-eye co-ordination, good reflexes, good judgement of distance **and** sufficient strength and co-ordination to handle an ATV?

_____ Does the young person know what the rules are and will he/she be willing to obey adults' instructions?

_____ Does the youngster have enough reasoning and decision-making ability to understand **and** handle the hazards that could happen?

_____ Will the young person use safety gear at all times and keep the ATV off the roads?

_____ Are you willing to read and understand the owner's manual and take a rider training course yourself?

Roller Skating and Skateboarding

Accidents that occur with roller skates and skateboards are often caused by structural problems with the equipment itself such as an axle loosening or a wheel falling off.

Before use always check for hazards such as loose, broken or cracked parts or wheels with nicks and cracks. As always, the proper protective equipment is important; at least use a helmet, knee pads and elbow pads.

Swimming Pools

When you are building a swimming pool, be sure to round the edges to avoid lacerations and have the electrical system put in by a licensed electrician. Above all be sure to observe laws and standards on all equipment and carefully follow manufacturers' instructions.

If you already have a swimming pool in your back yard, there are some accident-patterns you will want to avoid. The most serious accident is drowning, and every care should be taken. Other common ones are falls on slippery walkways, decks, diving boards or ladders. These can be avoided by installation of a proper non-slip surface on these areas. Often people are injured by striking the bottom or sides of the pool because of insufficient depth for diving or sliding. Depths should be clearly marked. As well, shock hazards can be caused by faulty electrical wiring, improper use of extension cords and appliances. Plus, there is the danger of explosions from excess pressure in the filter tank.

Inadequate fencing poses the safety hazard of children or others getting into your pool unsupervised and drowning. The law expects you to take reasonable steps to ensure other's safety by keeping them out. Check with your municipal authority for any bylaws in this area. Every attempt should be made to keep others out by building a high, unclimbable fence, having a locked gate, and post signs indicating the danger of swimming alone.

Pool chemicals can decompose and give off explosive gases. Therefore, they should be stored up off the floor in a cool, dry well-ventilated area out of the way of children.

The Great Outdoors

Boating

Life jackets are a must if you are involved in any sort of boating — be it canoeing, kayaking, sailing, sailboarding, motor boating or whatever. Make sure your life jacket is government approved and the right size for you. Every individual travelling in a boat less than 26 feet long or a sailboat less than 40 feet long must have a lifejacket or an approved "Personal Floatation Device". Before buying a lifejacket be sure to try it on for fit and check for the government approval sticker. Never dry your lifejacket close to radiators or other direct heat and store it in a well-ventilated cool place.

When boating observe the rules of the water. Your local Red Cross can provide you with this information. Remember, just as with other forms of transportation, boating and alcohol don't mix.

Camping

In Canada this is a particularly popular leisure-time activity but one that is potentially full of hazards. Many tents are flammable; in fact, children's cotton tents will ignite and burn. The paraffin wax treatment used to make some tents waterproof actually may increase flammability. Protect yourself when buying a tent by checking that it's flame resistant and that it has been thoroughly tested for flammability. Many injuries are caused by portable gasoline cooking stoves and grills. Burns are caused by explosions when campers are trying to light equipment and through ignition of gasoline vapors or of a flammable fabric tent. Another cause for burns is from contact with an outdoor gas grill or a kerosene heater. Asphyxiation may be caused by carbon monoxide emitted by lanterns.

Barbecuing - Outdoor Cooking

Barbecues are another summertime favourite for Canadians. A few safety checks can ensure safe barbecues for you and your family. Check that the grill on your barbecue is sturdy and stable. A hood or windshield is a great help in controlling irritating smoke and minimizing dangerous wind-driven sparks.

Damp left-over barbecue **charcoal** stored in your home may be a fire hazard. Charcoal left out in the rain before being brought in for the winter provides the greatest hazard. The reason for this is that under certain conditions charcoal reacts with air at a sufficient rate to cause the charcoal to heat spontaneously. This is due to a lack of sufficient cooling and airing before shipping and the charcoal becoming wet. Protect yourself by discarding excess charcoal dust before storing the barbecue and keeping briquettes dry and stored in a dry, well-ventilated area away from any heat source. Never take wet or moist charcoal into the house and do not retain partly used charcoal that has been put out in the barbecue with water.

Some points to remember:

- Never use propane or charcoal barbecues in an enclosed area such as a tent, trailer or garage.
- By law, propane tanks must be stored **outdoors**.
- When transporting a propane cylinder by car, put it in an open trunk. Be sure it is upright and secure.
- Have the propane cylinder inspected by a propane-gas dealer every five years. You're required by law to have it inspected every ten years.
- Never connect the tank to the barbecue without a regulator to regulate gas pressure and flow.
- Never abuse any of the gas fittings or other parts of the propane "plumbing". Do not use wrenches to tighten connections — they are designed to be tightened by hand. Overtightening can cause threads to break through and cause gas leaks.
- Check the safety valve and pipes, especially after each container refill.
- Never test for leaks with a match. Apply a soapy solution and watch for bubbles.
- Make sure the hood is open when lighting the barbecue. Gas could accumulate inside and explode. If the burners don't light on the first three times, turn off the gas, wait five minutes and try again to allow gas to disperse.
- Don't relight the barbecue when it's hot.
- Always turn off the main valve on the propane cylinder as well as the heat control valves when you are not using the barbecue.
- Check the hose periodically for deterioration. Don't allow hot drippings to fall on it.
- Have a qualified contractor install an outlet for a natural gas barbecue.
- Never use charcoal in a gas or propane barbecue.
- Never use alcohol, kerosene or gasoline as a starter fluid for a charcoal barbecue.
- Be careful with hot ash and charcoal disposal.

REMEMBER — OUTDOOR BARBECUES ARE FOR **OUTDOOR USE. NEVER** BARBECUE INDOORS; YOU RISK CARBON MONOXIDE POISONING.

Hunting

Year after year firearms take a toll. Accidents with firearms don't always occur outdoors. In fact, as many people are killed indoors by the improper care and handling of firearms as out.

Loaded guns should never be brought indoors. It's wise to clean your gun immediately after each hunting trip; don't leave it sitting around "until you get a minute to clean it." Always "break" the gun, remove all of the ammunition and leave the gun "open". Store the ammunition under lock and key in a clean, cool, dry place that is separate from gun storage.

Young people are wise to take a gun safety course.

Winter Fun

Hockey

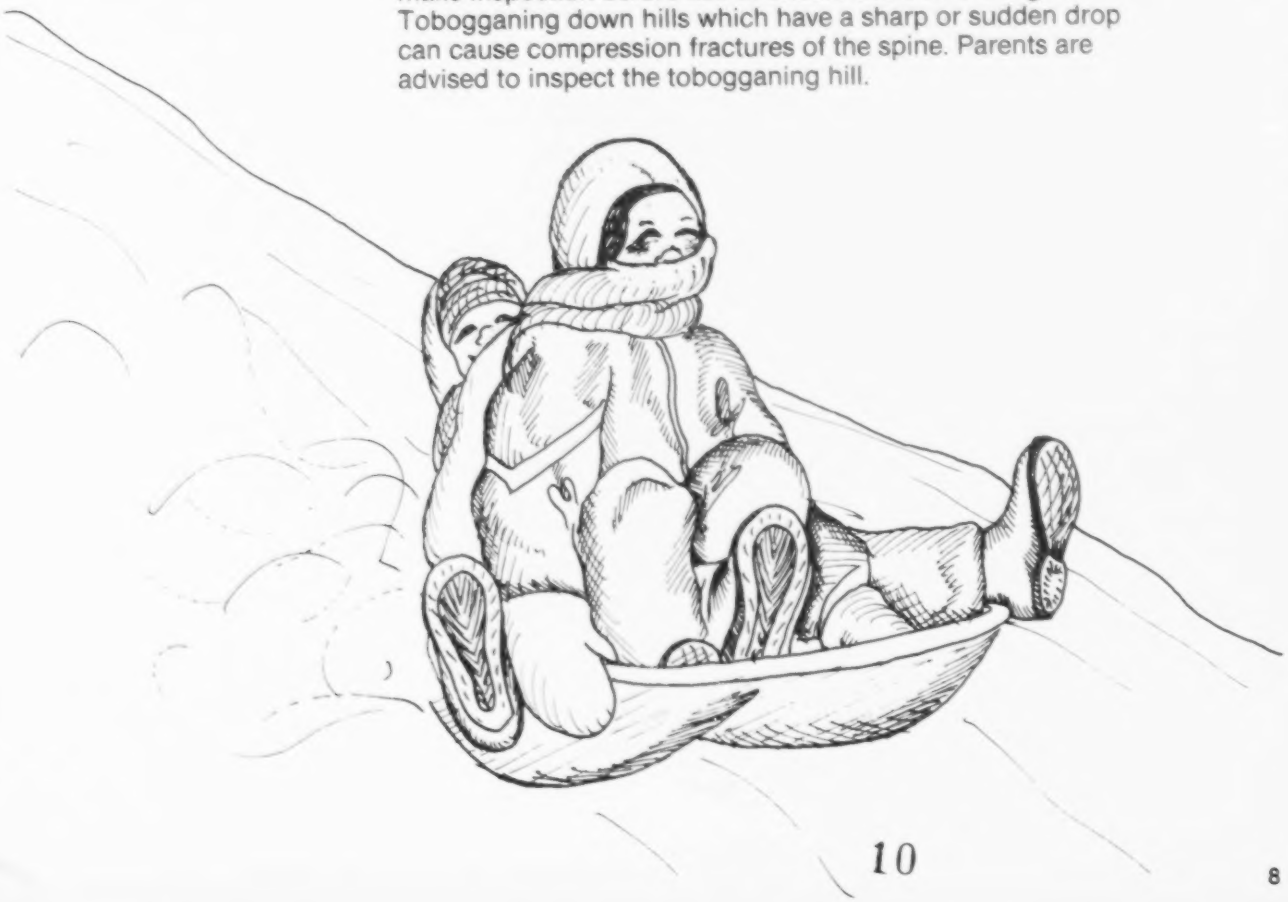
Most doctors and coaches agree that one of the most important pieces of protective hockey equipment is a helmet with a face mask. This provides players with full face, eye and throat protection. All helmets sold in Canada must meet the minimum performance requirements of the CSA standards so look for the CSA label on both helmets and hockey face masks.

Skiing

Many ski accidents are caused by equipment that is defective, or not properly fitted, adjusted or maintained. Remember that ski bindings must release you from your skiis in a fall before serious injury but not too easily or unnecessary falls will occur. Basically the more ways a binding releases the better. Anti-friction devices will offer you added protection.

Tobogganing

Mechanical and structural problems arise from splintering or breaking, flimsy materials and poor steering capability. Always make inspection before use to ensure there's no danger. Tobogganing down hills which have a sharp or sudden drop can cause compression fractures of the spine. Parents are advised to inspect the tobogganing hill.



Fitness

Fitness Clubs

Our society is becoming increasingly fitness conscious. The look of a sleek, sculptured body is the new ideal and sought by many of us. As well, many agree that they simply feel better when they're fit. If you believe yourself to be out of shape you've probably felt the temptation to run to the nearest fitness club or health spa and join up. Always check with your doctor before starting any fitness program.

One potential problem is that many fitness clubs have self-trained supervisory personnel who may not ensure sufficient balance between muscular and cardiovascular fitness. If you're thinking about joining a fitness club, first think about what it is you want to gain from this membership and then go out and find a club that will fulfill your needs. Find out the philosophy of a club and the qualifications of its inspectors. Beware of clubs that emphasize appearance at the expense of aerobic fitness, and don't let yourself be pressured by sales tactics. Check whether your instructor is certified by the Saskatchewan Parks & Recreation Association for proper training in exercise instruction, nutrition and first aid.

Home Exercise Equipment

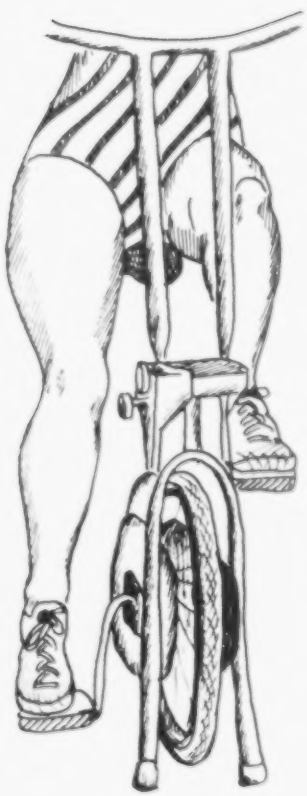
If you want to get fit, you may consider the option of purchasing fitness equipment that you can use in your home. There is always some risk when buying this type of equipment. In Canada, no government or private body issues standards for home exercise equipment. Manufacturers may design and sell any apparatus that improves fitness in some manner without justifying the solidity, stability or safety of its features.

Ankle weights are things that resemble beanbags and either attach around the ankle with velcro or lace into shoes. They can strengthen legs but may decrease ankle flexibility and add impact stress that can lead to injury. You should consider whether ankle weights are really necessary and what weight is safe for you.

Rebounders are mini-trampolines that can be used for exercising. For adult-users dangers exist in the chance of being thrown off or getting a foot caught in the suspension cords. Rebounders are not considered safe for unsupervised use by children.

Antigravity boots look like ski boots and attach to a bar that is most often mounted in a doorway. Although often used to relieve back strain they are also used for exercising and this is dangerous. When hanging statically there is an increase in blood pressure and interior pressure of the eye. This pressure will be increased even more by exercising when in this position. Don't use these boots at all if you have glaucoma, a detached retina, a cardiovascular disorder or if you've had a stroke.

Stationary exercise bicycles can be dangerous if not used correctly. Poor adjustment of saddle and handlebar height can allow sideways motion across the saddle that causes backache or injury. Knee injury can result if legs aren't fully extended when cycling. You should be aware of the danger of children or pets getting caught in exposed spokes.



Exercise Bench

If you are considering an exercise bench look for stability. Weak benches may crack of break during lifting. If supports are weak or poorly anchored they may tip releasing weights, or if the cups in the supports are shallow the weights may roll out and cause injury.

Hobbies

Serious pollution problems exist in some homes because many hobbies require the use of potentially harmful chemicals that are regulated for industry use by occupational safety law. In fact, as many as one in four Canadians may be exposed to hazards as a result of hobbies or crafts and activities.* (See Booklet II "Proceed With Caution: Consumer Safety in the Home" for more information).

Paint thinners, photographic chemicals, paints, plastics and **dyes** contain or give off such hazardous substances as benzene, lead, uranium, carbon monoxide and acids. Anything from clay to rubber cement is a potential danger if not used properly. The skin, eyes, heart, blood, kidneys, bladder and liver, and the respiratory nervous and reproduction systems can be affected with potentially serious consequences if proper precautions are not taken. These include paralysis, birth defects, liver disease and cancer.

Toxic substances enter the body through the skin, nose and mouth. The skin is the most frequent area of contact. Human skin has a special protective shield, a waxy substance and a layer of dead skin cells bonded by protein. Acids, peroxides, bleaches and solvents can dissolve this barrier, attacking deeper skin layers and possibly entering the bloodstream.

Toxic vapours and dust affect the lungs and, if they enter the blood, other internal organs. Fumes from melting plastics, aerosols, photographic chemicals, and welding immediately damage the respiratory system's sensitive linings. Mouth contact with contaminated hands, food and cigarettes is very dangerous.

Recirculating air systems in the home allow rapid buildup of airborne particles and fumes, and dust can be tracked or carried to all parts of the house. Sweeping may aggravate the problem. Check that your work area is properly ventilated and that exhaust fans do not send fumes into your home's intake ventilation systems.

The hazards associated with many hobbies can be reduced through the use of protective gloves, goggles and appropriate ventilation in the home. Because no laws or regulations exist to cover this area, it's totally up to the consumer to find out when these measures are needed.

*__Safety Canada__ Vol. XXVII, #2, February, 1983

Case Studies

A. Charcoal Briquettes

Jack and Jane had just moved into their new trailer and enjoyed their first barbecue in this new home. Because the heat in the trailer wasn't turned on yet, Jack brought the hibachi in at bedtime to keep the trailer warm. The briquettes had burned down and there was no odour or smoke coming from them, but they were still putting off some heat.

The couple went to bed, and later their friend Bob dropped by. Jane got up to answer the door, but after being up about three minutes she fainted. Jack was getting dressed in the back of the trailer but became dizzy and lost consciousness.

Bob took Jack and Jane to the hospital where they were treated for carbon monoxide poisoning. Jack had absorbed 53 percent carbon monoxide into his blood system, enough to affect his liver. Jane had absorbed 42 percent carbon monoxide. Absorption of 50 percent or more is usually fatal.*

Discussion Questions

a. Was this hazard inherent in the product, or was it caused by misuse or abuse of the product?

b. What were the responsibilities of the consumer in this situation?

c. What is the responsibility of the manufacturer or retailer in this situation?

d. Does a government agency have any responsibility in this situation?

e. How could this problem be prevented in the future?

Some Possible Answers

a. The problem was created by the consumer, who didn't read the label on the briquettes. The hazard of carbon monoxide poisoning from charcoal exists only if it is used improperly. It should never be used indoors or in any closed area.

b. The users in this situation had the responsibility to read the instruction on the briquette package, to follow these instructions, to use the briquettes only for the purpose for which they were intended and to contact their physician and the local poison control centre to report the accident.

c. The manufacturer of the briquettes had the responsibility to clearly mark the package — indicating that charcoal is unsafe for use in a closed area. The briquette bag was properly marked.

d. Consumer and Corporate Affairs Canada, under the **Hazardous Products Act** regulates the advertising, sale and importation of charcoal. Labelling must include the warning that toxic fumes may occur and that the charcoal should not be used indoors without a correct **flue** to carry fumes outdoors.

e. Increased consumer education on the part of manufacturers and government could prevent such problems by cautioning consumers to the dangers.

*Reprinted courtesy of **Family Safety** magazine.

B. Inflatable Water Equipment

Joyce had never really learned to swim. She bought herself a rubber raft and just loved taking it to the beach and paddling around. One July day, she was out lying on the raft and dozed off under the warm sun. She awoke with a start when her raft was hit by a wave made by a passing motor boat. Joyce fell off, the raft went out of reach and no one on the crowded beach noticed her go under.

Discussion Questions

a. Was this hazard inherent in the product, or was it caused by misuse or abuse of the product?

b. What were the responsibilities of the consumer in this situation?

c. What is the responsibility of the manufacturer or retailer in this situation?

d. Does a government agency have any responsibility in this situation?

e. How could this problem be prevented in the future?

Some Possible Answers

a. Joyce misused the rubber raft expecting too much of it. She didn't use the raft for what it was intended — a water toy not a boat (on which she should wear a lifejacket).

b. It was Joyce's responsibility to read the labels and instructions for the proper use of the raft. As well, considering her swimming ability, she should have been very careful about the depth of water she got into. Finally, no one should ever go swimming alone.

c. The manufacturer had a responsibility to clearly mark the package of the raft and/or the raft itself with a warning against relying on the raft if you can't swim.

d. The minimum equipment requirements are set out in the Small Vessel Regulations of the **Canada Shipping Act**. In a pleasure craft up to 5.5 metres, this would include two oars and approved lifejacket or personal flotation device.

e. Public education on water safety might have alerted Joyce to the hazardous situation she was putting herself in.

C. Home Exercise Equipment*

One evening Peter began his regular weight training alone at home. He was pressing about 43 kg while lying on his adjustable home exercise bench when he was startled by a loud crack. The bench's torso support suddenly split then collapsed under the combined weight of his body and the 43 kg barbell.

Peter was lucky. In the perilous moment after the bench crumbled, he might have suffered a back injury, dislocated shoulder, broken ribs or worse. Except for sore back muscles, he experienced no major physical trauma.

When he examined the broken bench, Peter found loose and missing screws where the upper torso board met one of its metal supports. Beneath its brown leatherette cover he discovered a 1.25 cm plywood slab with six knots. The fracture occurred exactly between two parallel knots midway down the board.

Discussion Questions

a. Was this hazard inherent in the product, or was it caused by misuse or abuse of the product?

b. What were the responsibilities of the consumer in this situation?

c. What is the responsibility of the manufacturer or retailer in this situation?

d. Does a government agency have any responsibility in this situation?

e. How could this problem be prevented in the future?

Some Possible Answers

a. In this instance the hazard appears to be inherent in the product. The nature of the break in the bench suggests that it was faulty.

b. Peter had a responsibility to read the instructions that came with the weight bench. He did this, but the instructions didn't specify the bench's weight limitations or list any safety precautions. Peter now believes that it's a good idea to inspect the workmanship and sturdiness of home exercise equipment. When you're lifting 45 or 90 kg, the apparatus had better be able to live up to its intended or declared specifications or else the user could be gravely injured.

c. The manufacturer's responsibility was to provide instructions on the bench including any weight limitations. The manufacturer's primary responsibility is that the equipment be safe (constructed adequately) for its purpose.

d. In Canada, no government or private body issues standards for home exercise equipment. However, you are automatically protected by sections of the **Combines Investigations Act** and the (Bureau of Medical Devices) **Food and Drug Act** which state that any guarantee or claim made by manufacturers must be backed by proper tests. Companies must be able to back any claims if requested.

e. Perhaps some money used for advertising could be directed into a type of fund to be used for the development of a voluntary standards program.

* Printed courtesy of **Protect Yourself** magazine, February, 1985.

Safety Quizzes

A. Test Your Leisure-Time PSQ. (Personal Safety Quotient)

Answer Yes or No

1. I always shop for solid, sturdy equipment and read all instructions carefully before using. _____
2. I read and follow the manufacturer's instructions regarding use, care and maintenance of sports and recreation equipment. _____
3. I check for stickers indicating equipment complies with standards. _____
4. I always purchase and use necessary safety features or equipment. _____
5. I inspect equipment regularly for damage and wear and keep it well maintained. _____
6. Craft supplies such as glues and adhesives are kept out of the reach of children, especially cyanoacrylates used in instant adhesives, and quick-curing glues are used in a well ventilated room. _____
7. My bicycle is in good repair, particularly the brakes, tires and rear reflectors. _____
8. The workshop in my home is equipped wtih adequate safeguards — protective devices such as lab hoods and dust attachments for power tools, and adequate ventilation. _____
9. I wear a protective apron and gloves when barbecuing. _____
10. I move all fuel containers away before I light the barbecue. _____
11. I never use gasoline or other volatile liquids to start a fireplace or woodstove fire. _____
12. I never eat in the workshop where food can be contaminated by dust, filings, vapours, and spilled chemicals. _____
13. When I use a sunlamp I wear protective goggles, use a timer and make use of other standard features. _____
14. When camping I never use an open flame in or near a tent. _____
15. My tent is flame resistant. _____
16. My holiday costumes — Hallowe'en, Mardi Gras, etc. are all flame resistant. _____
17. I don't believe claims for exercise equipment, that state you can lose inches or weight by simply flicking a switch. _____
18. For racquet sports I wear safety glasses made of polycarbonate in a wrap-around frame with no openings. _____
19. My swimming pool is enclosed by a high unclimbable fence and a locked gate. _____
20. When roller skating I wear a helmet, knee and elbow pads, and wrist guards. _____
21. Before starting a minibike or snowmobile I check that throttle, brake, steering and light systems are all functioning properly. _____
22. Before allowing my teenager to go hunting, I make certain he/she has taken a hunter safety course and understands and follows gun safety rules. _____
23. I take a fitness test before beginning to use home exercise equipment or undertaking any unusual and/or strenuous leisure-time activity. _____
24. I check to see whether my exercise instructor is certified by the Saskatchewan Parks & Recreation Association. _____

Your Safety Score Rating — How Did You Do? (Count your "yes" answers.)

21 - 24 You should have written this article.
17 - 23 Congratulations. The insurance companies love you.
13 - 16 Good but please be more careful.
9 - 12 Please don't invite us for fun.
0 - 8 You are living a high risk area.

B. Leisure-Time Safety Aptitude Quiz

1. **Multiple Choice:**
   a. Amusement rides that cause most injuries:
      (1) Merry-go-round & Ferris Wheel
      (2) Mechanical Bull Rides & Water Slides
      (3) Ferris Wheel & Water Slides
      (4) Bumper Cars & Merry-go-round

   b. The consumer product that sends most people to hospital:
      (1) Cars
      (2) Motorcycles
      (3) Bicycles
      (4) Motorboats

   c. Most medically attended injuries are associated with:
      (1) Football, baseball, soccer
      (2) Playgrounds, baseball, swimming
      (3) Swimming, soccer, gymnastics
      (4) Football, diving, track and field

2. **Match:**

(a) Raquetball, squash, tennis, skates, skateboards	(1) Bicycle, minibike, roller hockey, football
(b) Helmet	(2) Lifejacket
(c) Motorboat, kayak, canoe, rubber dingy	(3) Safety glasses

3. **Put in Order:**
   a. Location of most sports accidents for teens:

      Parks
      Schools
      Hockey arenas
      Water locations

   b. The top five sport and recreational products or activities involved in accidents for grade 11 & 12 students from three Saskatchewan high schools:

      hockey
      soccer
      water sport
      running sports
      gym sports
      football
      basketball

4. **What do they have in common?**
   (a) T.V.'s and stereo equipment when wet.
   (b) Faulty electrical systems in pools.
   (c) Appliances such as radios, hair dryers, or curling irons near a swimming pool or sink.

Answers:

1. Multiple Choice:
   a. - (2)
   b. - (3)
   c. - (1)
2. Match:
   (a) - (3)
   (b) - (1)
   (c) - (2)
3. Put in Order:*
   a. 1st - hockey arenas
      2nd - schools
      3rd - parks
      4th - water locations
   b. 1st - hockey
      2nd - football
      3rd - gym sports
      4th - running sports
      5th - basketball
4. What do they have in common?:
   All have a shock hazard.

* High School Accident Survey — Child Safety Committee